ABSTRACT

The present invention relates to a computer assisted method of providing a personalized assessment of supplement requirements for a human subject in which an individual's genotype is analysed for the presence of alleles at one or more genetic loci which may be associated with risk factors, and the alleles present compared to a first dataset comprising information correlating the presence of individual alleles at genetic loci with a lifestyle risk factor to provide a risk factor associated with the presence of particular alleles in order to generate a personalized assessment of nutritional and therapeutic supplement requirements, which may include a personalized supplementation formula.

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